

## BESCHREIBUNG KURSANGEBOT:

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### FROG

Kursnummer: 261647

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| Ort:     | AZ Weiherweg , Bahn 1 |
| Adresse: | Rudolfstr. 43         |
|          | 4054 Basel            |

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| Lerninhalt: | <b>Basics 3 basic movements (5 to 6 years)</b> |
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Test content:

- 5 m „Helicopter swimming“
- Simultaneously moving both arms in a dorsal position (also called inverted breaststroke)
- 5 m gliding in dorsal position
- Diving for rings from the pool edge
- A somersault into the water

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| Trainer: | Sandra Porfirio |
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| Kursniveau: | Kinder |
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| Bemerkung: |  |
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| Kosten: | 465.00 CHF |
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| detaillierte | <u>Lektionen: 20</u> |
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|          |            |               |
|----------|------------|---------------|
| Termine: | Datum      | Uhrzeiten     |
|          | 08.01.2026 | 18:15 - 19:00 |
|          | 15.01.2026 | 18:15 - 19:00 |
|          | 22.01.2026 | 18:15 - 19:00 |
|          | 29.01.2026 | 18:15 - 19:00 |
|          | 05.02.2026 | 18:15 - 19:00 |
|          | 12.02.2026 | 18:15 - 19:00 |
|          | 05.03.2026 | 18:15 - 19:00 |
|          | 12.03.2026 | 18:15 - 19:00 |
|          | 19.03.2026 | 18:15 - 19:00 |
|          | 26.03.2026 | 18:15 - 19:00 |
|          | 16.04.2026 | 18:15 - 19:00 |

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| 23.04.2026 | 18:15 - 19:00 |
| 30.04.2026 | 18:15 - 19:00 |
| 07.05.2026 | 18:15 - 19:00 |
| 21.05.2026 | 18:15 - 19:00 |
| 28.05.2026 | 18:15 - 19:00 |
| 04.06.2026 | 18:15 - 19:00 |
| 11.06.2026 | 18:15 - 19:00 |
| 18.06.2026 | 18:15 - 19:00 |
| 25.06.2026 | 18:15 - 19:00 |

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